

You have a little more than twenty minutes to answer each question.

Each question has a value of 20 points.

Please arrange your answers in the correct order before handing in your papers.

1. (Choose a or b)

- a. Outline the chemical changes which take place in the mouth, stomach and intestines during the process of digesting a well-balanced meal.
- b. What are the various results of vitamin deficiency, and what foods must be included in your diet if you are to avoid these consequences?

2. (Choose a or b)

- a. Diagram and describe the systolic and diastolic phases of the heart beat.
- ✓ b. List all the functions performed by the moving blood stream in co-operation with the rest of the body.

3. How does greatly increased atmospheric pressure affect the body?
How does greatly reduced atmospheric pressure affect the body?
How does the presence of carbon monoxide affect the body?

✓ 4. After considering your personal deficiencies in healthy living, formulate ten resolutions for the coming year which will assist you to attain superlatively good health.

✓ 5. Identify (write one clear, concise, highly explanatory sentence) each of the following:

- | | |
|-----------------------------------|--------------------------|
| 1. arterio sclerosis | 11. chorionic villi " |
| 2. ciliated epithelium " | 12. metabolism |
| 3. sweat gland | 13. sebaceous gland |
| 4. placenta | 14. umbilical cord |
| 5. peristaltic wave | 15. uric acid . |
| 6. ringworm | 16. spleen |
| 7. insulin | 17. vagus |
| 8. reduction division | 18. internal respiration |
| 9. Bowman's or Malpighian capsule | 19. haemophilia . |
| 10. vasodilator | 20. diaphragm |

Juniors

HISTORY OF PHYSICAL EDUCATION

January 1941

1. Name four leaders in physical education of the early nineteenth century and identify their nationality.
2. What characteristics of Greek and Roman physical education are still found to-day?
3. Name two schoolmen in the Renaissance who believed in physical education as a part of their curriculum.
4. Tell the story of Per Henrik Ling.
5. What emphases came from the following countries:

Germany	England
Sweden	Czecho-Slovakia
6. When and where has physical education been found for girls up to 1900?

Choose 4 of the first 5 questions. All answer number 6.

✓ 1. State briefly the preventive measures used for the following diseases:

- | | |
|------------------|--------------|
| a. typhoid fever | e. small pox |
| b. diphtheria | d. tetanus |

✓ 2. What is (a) natural immunity and (b) artificial immunity, giving examples of each.

3. Describe the organization and the work of the Health League of Canada.

✓ 4. Give rules for safe water supply and sewage disposal of large summer camps.

✓ 5. Explain why it is possible to prevent some diseases by serums, and not others.

✓ 6. Give in one sentence each, the importance of:

- | | |
|--------------------------|-----------------------------------|
| a. x-ray of the lungs | f. vitamin B |
| b. the incubation period | g. the Wasserman test |
| c. quarantine | h. baby clinics |
| d. pasteurization | i. goiter |
| e. humidity | j. city control of swimming pools |

Juniors

ENGLISH

January 1941

One subject to be treated

1. Education in Erewhon or Health and Disease in Erewhon
2. Sources of Interests in the Old Wives' Tale.
3. A careful description of one scene from The Man of Property
4. The Use of Nature in Tess or The Treatment of Tess' Character.
5. Humor in the Playboy.
6. A comparison of Riders to the Sea and Arms and The Man.
7. The character of Raina or Sergius in Arms and The Man.
8. Plot in the Silver Box.

Seniors - 2 hrs.

COMMUNITY HYGIENE

MAY 1941

1. List the methods of disease transmission.
2. List the names and chief accomplishment of five men who have made outstanding contributions to the field of preventive medicine.
3. List the chief dangers in unpasteurized milk.
4. Name several active agents of disinfection.
5. If there were no government standards, in what ways might our food prove inferior (milk) or contaminated? (Please list)
6. By what procedures can water be purified?
7. State five procedures important to hygiene in the home.
8. List several suggestions you could make for the betterment of hygienic standards in your own home town.
9. What are the chief requirements for adequate and healthful ventilation?
10. List the titles and authors of the books you have read outside class.

600
a. 4
p. 100

Juniors - 2½ hrs.

ENGLISH

May 1941

B. S. L.
O. W. S. B. D.
A. C. S. L.
A. C. S. L.

N.B. Five questions are to be answered of which one must be answered from Section A, two from B, and two from C.

A.

1. Write from memory, or tell the substance of the soliloquy beginning:
"O that this too, too solid flesh would melt"
- ✓ 2. Write from memory, or tell the substance of the soliloquy beginning:
"To be or not to be: that is the question"
3. Write from memory, or tell the substance of the soliloquy beginning:
"How all occasions do inform against me"

B.

4. Describe as carefully as you can the character of Hamlet or Claudius or Ophelia, making as many references to scenes and sayings in the play as you can.
5. Give all the arguments you can in favor of religion, using particularly the material given you in the play St. Joan.
6. Compare Mrs. Jones and Mrs. Barthwick as individuals, as women, as workers and as mothers, using specific references to The Silver Box.

or

- Compare James Jones and Jack Barthwick as individuals, as members of their respective families and as citizens, using specific references to the play.
- ✓ 7. Give your ideas as to what is amusing on the stage, drawing on Arms and The Man and The Playboy of the Western World.
 - ✓ 8. Discuss Riders to the Sea under the headings of plot, characterization and language or expression.

C.

- ✓ 9. Explain in a short essay your reasons for thinking Tess of the D'Urbervilles a great book.
10. Compare The Old Wives Tale and Babbitt as "novels of real life", discussing particularly character and setting.
11. Explain the satire in Erewhon that has to do with the Musical Banks and the Colleges of Unreason.
12. Which is the more important in Lord Jim, plot or character? Explain fully.
13. Describe the life of late Victorian society as you have read about it in The Man of Property.

Juniors

L. Crighton.

THEORY OF PLAY

May 1941

1. In what cases would you use the following tournaments:
 - a. Round Robin
 - b. Elimination (winner - loser)
 - c. Ladder
- 2.a. What things must be considered from the health standpoint on a summer playground?
(List these)
- b. What is the procedure in case of serious accidents on a playground?
3. What are the criteria for selecting equipment for a playground?
4. How would you determine what activities to include in a playground programme?
5. Write out your Theory of Play.

HEALTH EDUCATION

M.E.S. Seniors

May 1942

Write about 30 minutes on each of the following topics. Credit will be given for good organization of material.

Part I - Health Services.

Part II - Health Instruction.

h. Creighton.

THEORY OF GYMNASTICS

May 1942
1½ hrs.

M.E.S. Seniors

1. Using light wooden hoops (one for each pupil), outline a series of about 5 rhythmic exercises or movements.
2. Organize a junior gymnastic competition for a class of about 24 girls, 11 and 12 years of age. An adequate gymnasium is at your disposal and the students have had a year of gymnastics.
3. You have been asked to speak at a parent-teacher's meeting on the subject "A justification of gymnastics as a part of the physical education programme." Outline what you would say.

Nuts!

(Choose ten questions)

- ✓ 1. Describe briefly the type of girl most suited for (a) Y.W.C.A. position
(b) School position
- ✓ 2. Give 3 examples of matters which must go to your administrator (principal, general secretary) for decision.
- ✓ 3. List 5 ways of getting desirable publicity for a physical education programme in (a) a Y.W.C.A. or (b) a public high school. (Choose one).
- ✓ 4. When (under what conditions) would you have a demonstration of physical education activities? List.
5. What items go into an annual report?
- ✓ 6. Last week a physical educationist made the statement that the ultimate aim of physical education is to "enrich the effectiveness of the learner as he lives a socially useful life in a democratic culture". How do the activities which you teach do this?
- ✓ 7. Give the proper expressions for the chairman to use on: (a) Opening a meeting
(b) Voting on a question
(c) Closing a meeting
- ✓ 8. State 5 standards concerning girls' games and sports which you think will make participation in them safe and enjoyable.
- ✓ 9. What are the values of a girls' Athletic Association in a school?
- ✓ 10. Write about 50 words on your philosophy of competition (not mine!)
- ✓ 11. What equipment do you believe is the most essential for physical education for high school girls?

(All answer)

Give suggestions for making this course more helpful to the students.

METHODS OF PHYSICAL EDUCATION

May, 1942⁵

Answer 10 of the following questions:

1. Describe a) managerial leadership
b) technical teaching
- ✓ 2. Describe an "efficient" teacher of physical education.
- ✓ 3. Describe the following periods for physical education:
a) instruction c) relief
b) play d) corrective
- ✓ 4. What activities would you not include in a high school programme of physical education.
- ✓ 5. Rate the following equipment in importance for 1) First grade children
2) High School girls:

Mats	Basketballs
Horse	Rubber balls
Ropes	
6. Discuss how you will evaluate your physical education programme for the year.
- ✓ 7. Give 5 methods of classifying children for physical education.
- ✓ 8. List 8 standards to be observed in the construction of a gymnasium.
- ✓ 9. Outline a possible 12-week programme for a club of 15 year old girls.
- ✓ 10. List 5 ways in which you can make group experience valuable to young women.
- ✓ 11. Discuss the use of awards in physical education.